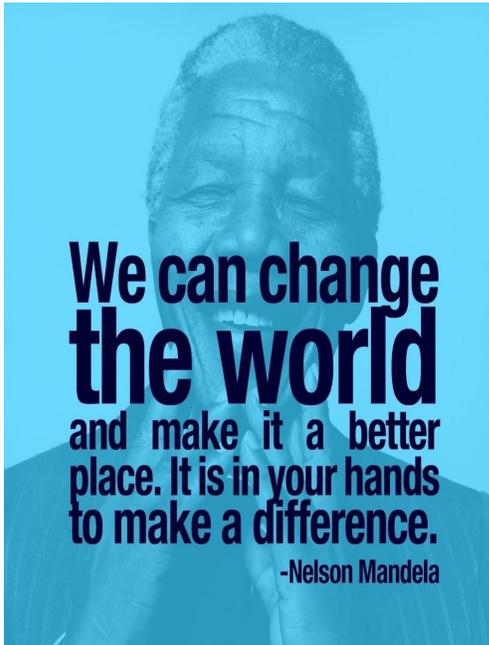


To Change or Not to Change

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Did you know one little change can help the world grow into a better place? When many of us hear the word “change” we might think of doing work which draws us away. You can help to give back to the world by volunteering your time at local schools, giving back to people in need like people without homes, saving trees by using less paper (everything in this day and age is online), and saving water by taking shorter showers and limiting other ways you use water. You can use money wisely by donating to a charity of your choice that supports a cause or something you stand by. If you do not know what charity to give back to, you can visit givewill.org. This website has a long list of charities with different causes. You can

make a difference in the world by donating blood and old clothes you and your family members do not wear anymore. Even changing your diet can help and no not the way that you might think. You do not have to turn into a vegetarian but you can try not eating meat once a week.

•How do you help out in your community?

- A) Donating to Charities
- B) Supporting Small Businesses
- C) Recycling
- D) Saving Water
- E) All of the above



The world can use more of peace, understanding, and giving rather than hate and violence. No matter how hard you may think your life is someone else's life may be harder than yours. Every person can make a difference no matter

how big or small the gesture is. There are many things you can do to make someone's day better. For example, giving compliments, doing something that was not asked of you, paying for someone's purchase, giving small gifts, reaching out to people you haven't heard from, and most importantly believing in them. We could solve every problem in the world by staying together and facing every obstacle with a positive state of mind.

Q: Have you ever given back to your community? If you so, what impact did it have on you?

A: Every year my job engages in food and toy drives around holiday times. I take part in this every year. It brings me joy knowing that I am helping others in need.

-Interviewed Geneta K. on May 13.



We could plant vegetables or flower gardens, which helps everyone because they produce oxygen which is important for our environment. In America, we throw away an average of fifteen percent

of food every year which could feed millions of people. We can help save our environment by using reusable bags, cans and recycling. Another way we can save trees is by using tubeless toilet paper, printing less paper and by not throwing away our notes from last semester. You can connect with another student that is enrolled in the same class. One way to save electricity at home is by unplugging wires that are not in use and by switching out regular light bulbs with LED bulbs because they consist of ninety-five percent of energy.

Q: What does the word 'change' mean to you and what changes would you make in your everyday life?

A: Change to me means making a difference, mostly in part a positive change. One change that I would make in my everyday life is to set a goal of exercising at least one hour a day. Another change that I would set for myself would be to make healthier food choices. A healthier food choice that I've made recently was substituting spaghetti pasta for spaghetti squash.

Q: Since you are making healthier food choices, would you pose the idea of planting your own vegetables?

A: That is a great idea. I would probably start with tomatoes, squash, and cucumbers. If successful, I can expand my garden and provide to my neighbors and community, since sometimes it is difficult to access fresh produce.

-Interviewed Nadya D. on May 12



The first thing that I would do if I could change the world is to get everyone who is homeless back on their feet and making it my duty that they have some place to call home. I would invest my time to making sure everyone has clothing and a meal for every part of the day. The cure to making the world a better place is to have everyone come together to bring peace and happiness, rather than harboring hatred in our hearts. Do you have what it takes to make a positive impact on the world?